

## **Historic, Archive Document**

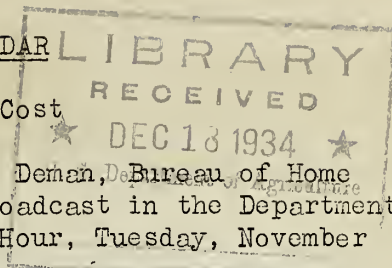
Do not assume content reflects current scientific knowledge, policies, or practices.



1.9  
H-755 R

THE HOUSEHOLD CALENDAR

Meat Dishes at Low Cost



A radio interview between Miss Ruth Van Deman, Bureau of Home Economics, and Frank Teuton, Radio Service, broadcast in the Department of Agriculture period, National Farm and Home Hour, Tuesday, November 27, 1934.

---oooOooo---

MR. TEUTON - And today being Tuesday, I know that means Miss Van Deman and her Household Calendar to the women in this audience. And I'm not the man to disappoint the ladies. Miss Van Deman is right here at the microphone across the table. And by the way Miss Van Deman, I have a bone to pick with you.

MISS VAN DEMAN - Why, what have I done, Mr. Teuton?

MR. TEUTON - Why, you didn't mention my favorite kind of turkey stuffing the other day.

MISS VAN DEMAN - No wonder you have a bone to pick with me.

MR. TEUTON - Yes, down in Tennessee where I was raised, we always had corn bread stuffing in our turkeys. Don't you think that's a stuffing worthy of mention, Miss Van Deman?

MISS VAN DEMAN - Yes, sir, I do. And I'm not forgetting either the rice and celery stuffing I had once, made by a South Carolina cook. And then there's chestnut stuffing for those who have time and patience to shell the nuts.

By the way, Farm and Home friends, I hope that all of you who wrote to us for the directions for roasting and stuffing the Thanksgiving turkey have received our reply. About two hundred of your cards didn't reach us until last Saturday just before closing time. But everybody turned to and helped and we dropped a big bundle of mail at the post office on our way home.

MR. TEUTON - Well, that's what I call service.

MISS VAN DEMAN - That's what we're here for. We'd do a lot more than that to help along the cause of Thanksgiving turkeys.

MR. TEUTON - Say, Miss Van Deman, that looks like a new bulletin you have in your hand.

MISS VAN DEMAN - You're right, Mr. Teuton. It is a new pamphlet called "Meat dishes at low cost." It's on the presses at the Government Printing Office right now. We hope copies will be ready to send out next week. There are sixty recipes besides the general points about cooking very lean meat and the less-tender cuts.

MR. TEUTON - Well, I hope you have recipes for Hungarian goulash and chili con carne and good old southern gumbo with rice. That's the kind of meat dishes I like, all seasoned up tasty.

(over)

MISS VAN DEMAN - Yes, that's one of the ideas we bring out - to have a spirit of adventure about trying different flavors and different combinations. But when it comes down to the principles of cooking, they're the same for all the less-tender cuts.

MR. TEUTON - Yes, I've been hearing about this newer knowledge of meat cooking. It's the result of the research work that the people in your bureau and the State colleges are doing, isn't it?

MISS VAN DEMAN - Yes, they've certainly found out some very interesting things. One is that meat is best cooked slowly at moderate temperature. You know meat is a protein food and intense heat toughens and hardens protein.

MR. TEUTON - But Miss Van Deman, suppose you have a tough piece of meat (I'm not going to beat around the bush and call it a less-tender cut). I'm going to come right out and say a tough cut of beef. And suppose you were going to make it into a stew. Wouldn't you have to boil that stew fast and furious to make the meat tender?

MISS VAN DEMAN - No, that's just what the scientific meat cooks say not to do. The way to make that kind of meat tender and most appetizing is this. Cut it up into pieces, roll them in flour, and brown them in a little fat. The browning develops the good meat flavor. That's one of the secrets of a savory stew - to brown the meat before you add the liquid.

MR. TEUTON - And how about some onions browned with that meat?

MISS VAN DEMAN - Now you're talking like a chef. By all means brown some slices of onion with the meat. Then add the water, put a lid on the kettle, turn down the heat, and let the stew simmer slowly. Gradually the meat will get tender, probably tender enough to cut with a fork. And if you want other vegetables, maybe carrots, and turnips, and potatoes, slice them and add them during the last half hour of the cooking. Then they'll be tender and fresh looking, not overcooked.

MR. TEUTON - O. K., Miss Van Deman. I believe I could make a stew that way. Now I wish you'd tell me this. What does it mean to braise meat? The other day I saw on a menu card "braised pork chops with rice." I didn't order them because I didn't know what they'd be like.

MISS VAN DEMAN - Next time, Mr. Teuton, don't hesitate to order braised chops. I'm sure you'll like them. If the chef knows his business the meat will be tender and all covered with a rich brown gravy.

Just as in making stew, the first step in braising meat is to brown it in a little fat. I don't mean fry it. I mean just use enough fat to keep it from sticking to the skillet, that's all. As soon as it's brown, add a little water, cover the pan, and let the meat cook slowly until its tender. The steam is what does the trick this time. And when you make gravy with the juice in the pan, you save all of the good meat flavor.

MR. TEUTON - Well, is that all there is to braising meat?

MISS VAN DEMAN - Yes, sir, that's the main idea. In a way, braising is just another name for pot roasting. Of course, with a pot roast you generally have one large piece of meat. And you need just a little water, "a judicious quantity," Doctor Stanley always says. That's her way of warning not to use so much water in a pot roast that you make it a stew.

But after all whether you are making a stew, or braising, or pot roasting meat, the principle is the same. Once you get the meat brown, you cover it up to hold in the steam, and you cook it slowly with very moderate heat.

MR. TEUTON - Well, that's certainly clear. I get your idea all right about cooking these tough cuts. But you haven't said a word about broiling nice tender steaks and chops.

MISS VAN DEMAN - That's another story. We'll have to talk about that some other time.

MR. TEUTON - Well what about that new bulletin on Meat Dishes at Low Cost? Are you taking orders?

MISS VAN DEMAN - Yes, indeed, We'll put down names just as fast as they come to us and we'll send the bulletins just as soon as the printing presses turn them out.

And Good-bye, Everybody for this time.



